

ABSTRACT

A method of fitting a golf glove which includes the steps of: measuring a golfer's hand and retrieving measurement data; constructing a glove according to the measurement data, the glove including a glove portion having finger and thumb portions, dorsal and palm portions and a wrist portion. The dorsal and palm portions being designed to meet along a conjoining lateral edge to define a pocket for receiving the eminence of a golfer's hand. The glove also includes a pad made from a elastomeric, non-flowing gel-like polymer. The method also includes the step of positioning and dimensioning the pad adjacent the palm portion of the glove according to the measurement data such that the pad closely abuts a golf club grip which is held by the golfer during play. The pad is preferably positioned and dimensioned to protect the various aspects of the golfer's hand from shock and the translation of detrimental shock-related forces due to ball-to-club impact.